

ABSTRAK

PERBEDAAN PENGARUH PERMAINAN TRADISIONAL LARI BALOK DAN EGRANG TERHADAP TINGKAT KEBUGARAN JASMANI DI SMPT BAKTI BANGSA

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Tujuan penelitian ini untuk mengetahui apakah terdapat Perbedaan Pengaruh Permainan Tradisional Lari Balok dan Egrang terhadap Kebugaran Jasmani di SMPT Bakti Bangsa. Instrumen yang digunakan dalam penelitian ini adalah Tes Kebugaran Jasmani Indonesia (Nurhasan,2000) . Permainan lari balok memiliki pengaruh terhadap tingkat kebugaran jasmani siswa dilihat dari hasil pengolahan data diperoleh $t_{hitung} = 3,79 > t_{tabel} = 2,064$ maka $3,79 > 2,064$ dengan demikian hipotesis nol (H_0) ditolak. Dan siswa kelompok egrang dilihat dari hasil pengolahan data didapat $t_{hitung} = 2,266 > t_{tabel} = 2,064$ maka $2,266 > 2,064$ dengan demikian hipotesis nol (H_0) ditolak, maka Permainan Tradisional Egrang memiliki pengaruh terhadap tingkat kebugaran jasmani. Dari hasil pengolahan data diperoleh $t_{hitung} = 0,5149 < t_{tabel} = 2,064$ maka $0,5149 < 2,064$ dengan demikian hipotesis nol (H_0) diterima, maka tidak terdapat perbedaan pengaruh signifikan dari Permainan Tradisional Lari balok dan Egrang terhadap tingkat kebugaran jasmani siswa SMPT Bakti Bangsa.

Kata Kunci : Permainan Tradisional, Lari Balok, Egrang, Tes Kebugaran Jasmani.

ABSTRACT
THE DIFFERENCES INFLUENCE TRADITIONAL GAME *LARI BALOK*
AND *EGRANG* TO PHYSICAL FITNESS LEVEL AT SMPT BAKTI
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This research aims to know whether there have the differences influence traditional game *Lari Balok* and *Egrang* to physical fitness level at SMPT BAKTI BANGSA. An experiment method was used in this research. In this methodology the researcher do some an experiment by giving unequal/ different treatment to the two example samples, ie: traditional game *Lari Balok* and *Egrang*. Physical Fitness test Indonesia (Nurhasan, 2000) instrument was used in this research. The traditional game *Lari Balok* has an influence on the level of physical fitness of students seen from the data processing t obtained = $3.79 > t$ table = 2.064 then $3.79 > 2.064$ therefore the null hypothesis (H_0) is rejected. And the student group of *Egrang* seen from the data processing t obtained = $2.266 > t$ table = 2.064 then $2.266 > 2.064$ therefore the null hypothesis (H_0) is rejected, then the traditional game *Egrang* have an influence on the level of physical fitness. From the data processing t obtained = $0.5149 < t$ table = 2.064 then $0.5149 < 2.064$ so, the null hypothesis (H_0) is accepted, hence there is no significant difference in the influence of traditional game *Lari Balok* and *Egrang* on the level of physical fitness of students SMPT BAKTI BANGSA.

Keywords: Traditional Game, *Lari Balok*, *Egrang*, Physical Fitness Test